



# Don't Waste, Take Care!

Allah gave us so many gifts. Look after them, then tick the box!



وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا

*Wa kulū washrabū wa lā tusrifū*

“Eat and drink,  
but do not waste.”

Qur'an 7:31 (part of the verse)



**Turn off  
the tap**

Off while you  
scrub and brush.

WATER

☐


**Switch it off**

Leaving the  
room? Lights off!

LIGHTS

☐


**Finish your  
plate**

Take a little. Ask  
for more!

FOOD

☐


**Look after  
toys**

Tidy up, so toys  
last and last.

TOYS

☐


**Share and  
give**

Share extra food  
and toys with  
others.

SHARE

☐


**Use both  
sides**

Draw on the  
back, then  
recycle.

PAPER

☐
